



**AMREF INTERNATIONAL UNIVERSITY SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH**

BSC. IN COMMUNITY HEALTH PRACTICE

END OF SEMESTER EXAMINATION SEPT-DEC 2025

UNIT CODE: CHP 224

UNIT NAME: TRADITIONAL & COMPLEMENTARY MEDICINE

DURATION: TWO HOURS.

START:

FINISH:

INSTRUCTIONS

- ✓ **Answer QUESTION ONE** which is **Compulsory** and **any other TWO** questions of your choice from **Section B**.

REQUIRED: SECTION A (COMPULSORY QUESTION)

- ✓ Attempt all the questions in this section

QUESTION ONE

- a) A county cultural office is developing a policy on traditional medicine. Identify and explain **THREE** reasons you would recommend that justify the protection of indigenous knowledge and traditional healing practices (**6 marks**)
- b) You have been invited to a community health forum to educate participants about Complementary and Alternative Medicine (CAM). Using the WHO perspective, explain **FIVE** characteristics of CAM you would highlight to help the audience understand what it involves (**5 marks**)
- c) A local herbal practitioner wants to improve the safety of the products they offer. Outline **FIVE** preparation methods you would advise them to consider when handling CAM products (**5 marks**)
- d) A stakeholder meeting has been convened to discuss the sustainability of traditional medicine practices. Examine **THREE** key threats you would raise that hinder the protection of indigenous knowledge and traditional medicines (**6 marks**)

- e) A wellness clinic is training new staff on therapeutic massage. Explain **FOUR** mechanisms of action through which massage promotes healing in the body (**4 marks**)
- f) You are part of a research team evaluating an herbal treatment in a clinical setting. Highlight **FOUR** ethical considerations you must address during the evaluation process (**4 marks**)

REQUIRED: SECTION B

Answer any **TWO** questions from this section
QUESTION TWO

- a) You have been invited to brief a parliamentary health committee on why Complementary and Alternative Medicine (CAM) use is rapidly increasing worldwide. Identify and explain **FIVE** factors driving this growing popularity, showing how each factor influences public health trends or patient choices (**10 marks**)
- b) The Ministry of Health has requested your input on strengthening governance of CAM in Kenya. Describe **FIVE** key challenges the country faces in regulating CAM, highlighting how each challenge affects policy implementation, safety, or integration into the national health system (**10 marks**)

QUESTION THREE

- a) You are working with a multidisciplinary health team that is integrating Complementary and Alternative Medicine (CAM) into patient care. Examine **FIVE** practical ways in which CAM differs from conventional medicine, showing how each difference could affect health service delivery or patient outcomes (**10 marks**)
- b) A research institution has tasked you with leading an ethnobotanical study in a rural community. Discuss **FIVE** challenges you are likely to face during the research process, and relate each to its impact on data collection, community engagement, or scientific validation (**10 marks**)

QUESTION FOUR

- a) A county health department is reviewing strategies to accelerate progress toward Universal Health Coverage (UHC) and the Primary Health Care (PHC) goals. Describe **FIVE** ways in which CAM can contribute to advancing the PHC agenda, particularly in promoting UHC and achieving health for all (**10 marks**)
- b) You have been appointed to a task force exploring how Complementary and Alternative Medicine (CAM) can be mainstreamed into national health services. Discuss **FIVE** challenges CAM practitioners and health systems are likely to face during clinical practice and within broader healthcare structures (**10 marks**)